

Karate – Okinawan Shorin-Ruy

Age: 7yrs and up. This program will help improve your public speaking, leadership, balance, coordination, flexibility, and self-defense through the art of Okinawan Shorin-Ruy Karate-Do Okinawan and Kata. Class Fee: \$44

Lake Lynn Community Center

#68850	May 5-28	M,W	5:30-6:30pm
#68851	Jun 2-25	M,W	6:15-7:15pm
#68852	Jun 30-Jul 30	M,W	6:15-7:15pm
#68853	Aug 4-27	M,W	6:15-7:15pm

Pullen Community Center

#68047	May 1-29	T,Th	6:00-7:00pm
#68048	Jun 3-26	T,Th	6:00-7:00pm
#68049	Jul 1-31	T,Th	6:00-7:00pm
#68050	Aug 5-28	T,Th	6:00-7:00pm

Karate-Do

Location: Chavis Community Center

Age: 6yrs and up. Teaching not just karate, but it's application to life including self defense, confidence, self esteem, discipline, respect, and self control. Classes taught by Sensi Eric Blaize. Class Fee: \$35/\$15

#70984	May 3-31	M,W,Sa	9:30-11:30am
#70985	Jun 2-30	M,W,Sa	6:00-8:30pm
#70986	Jul 2-30	M,W,Sa	6:00-8:30pm
#70987	Aug 2-30	M,W,Sa	9:30am-11:00pm
#70988	May 3-31	M,W,Sa	9:30-11:30am
#70989	Jun 2-30	M,W,Sa	6:00-8:30pm
#70990	Jul 2-30	M,W,Sa	6:00-8:30pm
#70991	Aug 2-30	M,W,Sa	9:30am-11:00pm

Martial Arts – Karate Kids Parents/Me

Location: Laurel Hills Community Center

Age: 5yrs and up. While learning self defense, stranger safety, self discipline, respect, and courtesy, you and your children have fun learning and growing together. This is an ongoing class and belt promotions are held. Wear comfortable warm up pants. This class is for children ages 5-12, to be taken with a parent as a participant. Each participant must be registered individually and pay fee. Class Fee: \$36

#69796	May 8-29	Th	5:00-5:45pm
#69797	Jun 5-26	Th	5:00-5:45pm
#69798	Jul 10-31	Th	5:00-5:45pm
#69799	Aug 7-28	Th	5:00-5:45pm

Martial Arts – Karate Tikes Parent/Me

Location: Laurel Hills Community Center

Age: 3yrs and up. While learning self defense, stranger safety, self discipline, respect, and courtesy, you and your children have fun learning and growing together. This is an ongoing class and belt promotions are held. Wear comfortable warm up pants. This class is for children ages 3-5, to be taken with a parent as a participant. Each participant must be registered individually and pay fee. Instructor: Stephanie Whitten. Class Fee: \$36

#69804	May 6-27	T	4:15-4:45pm
#69805	Jun 3-24	T	4:15-4:45pm
#69806	Jul 8-29	T	4:15-4:45pm
#69807	Aug 5-26	T	4:15-4:45pm
#69808	May 6-27	T	5:15-5:45pm
#69809	Jun 3-24	T	5:15-5:45pm
#69810	Jul 8-29	T	5:15-5:45pm
#69811	Aug 5-26	T	5:15-5:45pm

Martial Arts – Okinawan Family Karate

Location: Laurel Hills Community Center

Age: 7yrs and up. This program will help improve your balance, coordination, flexibility, public speaking, leadership, and self defense through the art of Okinawan Shorin-Ryu Karate-Do Okinawan and Kata. Class Fee: \$44

#69820	May 6-29	T,Th	6:00-7:00pm
#69821	Jun 3-26	T,Th	6:00-7:00pm
#69822	Jul 8-31	T,Th	6:00-7:00pm
#69823	Aug 5-28	T,Th	6:00-7:00pm

Martial Arts – Shotokan Karate

Location: Optimist Community Center

Age: 7yrs and up. Are you looking for a martial arts program that stresses discipline of both mind and body? Would you like to learn self defense techniques to protect yourself and your family? Let Sensai Adams teach you Shotokan Karate. Great for youth and adults or as a family activity. Class Fee: \$25

#71193	May 7-Jun 25	W	6:30-8:00pm
#71194	Jul 9-Aug 27	W	6:30-8:00pm

Mixed Martial Arts

Location: Roberts Park Community Center

Age: All Ages. A combination of Tae Kwon Do, Shotokan, Wing-Chun Fu and American Kick Boxing. Martial Arts works on character development and the building of confidence. Improve mental and physical health and learn self defense. Fun and excitement for the family. Class Fee: \$40

#71116	May 3-31	Sa	10:00am-1:00pm
#71117	Jun 7-28	Sa	10:00am-1:00pm
#71118	Jul 12-26	Sa	10:00am-1:00pm
#71119	Aug 2-30	Sa	10:00am-1:00pm

Tae Kwon Do

Location: Method Road Community Center

Age: 10yrs and up. Self-defense and self-discipline for beginning and advance students. Class Fee: \$5

#69608	May 1-29	Th	6:30-8:00pm
#69609	Jun 5-26	Th	6:30-8:30pm
#69610	Jul 3-24	Th	6:30-8:00pm
#69611	Aug 7-28	Th	6:30-8:00pm

Tae Kwon Do – Beginners

Location: Biltmore Hills Community Center

Age: 5yrs and up. Marital arts course where the art of self defense is taught through practice drills, class room instruction and tournaments. Class Fee: \$35

#70580	May 5-28	M,W	6:00-7:30pm
#70581	Jun 2-25	M,W	6:00-7:30pm
#70582	Jul 2-30	M,W	6:00-7:30pm
#70583	Aug 4-Sep 3	M,W	6:00-7:30pm

Tae Kwon Do – Martial Art

Location: Lions Park Community Center

Age: 7-50yrs. Martial arts class for youth and adults develops discipline in youth, fitness in adults while developing fine martial art skills. Class Fee: \$35

#69861	May 6-29	T,Th	6:30-8:00pm
#69862	Jun 3-26	T,Th	6:30-8:00pm
#69863	Jul 1-24	T,Th	6:30-8:00pm
#69864	Aug 5-28	T,Th	6:30-8:00pm

Nature

Nature Preschool

Bug Adventure

Location: Sertoma Arts Center

Age: 3-5yrs. Search for insects of all kinds at the park. We will look under logs, in the soil, and among the trees for these fascinating little critters. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#71133	May 21	W	2:00-3:00pm
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Doodlebug Detectives

Location: Laurel Hills Community Center

Age: 3-5yrs. Little nature lovers will enjoy searching for mini-critters outside, a story time and a craft. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#71135	May 15	Th	2:00-3:00pm
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Hello Birdie

Location: Durant Nature Park

Age: 3-5yrs. Introduce your little one to the beauty of birds as we walk in search of bird song, nesting activity and bird flight. We'll end our time together by making a bird feeder that backyard birds will love! Parent must accompany child. Class Fee: \$5

#68258	Jul 26	Sa	10:00-11:00am
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Hop To It

Location: Durant Nature Park

Age: 3-5yrs. Hop on over to Durant Nature Park where we'll play a game or two, make a craft, and get a chance to examine real tadpoles and frogs! A parent must accompany child. Class Fee: \$5

#68257	Jun 14	Sa	2:00-3:00pm
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Mother Nature

Location: Durant Nature Park

Age: 3-5yrs. Animals love their moms too! We'll share a heart-warming story about animal mothers and their young and take a walk in search of animal mothers in action. Then, just in time for Mother's Day, we'll make a special craft that any mother will love! Parent must accompany child. Class Fee: \$5

#68248	May 3	Sa	10:00-11:00am
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Nature's Little Explorers

Location: Worthdale and Lions Park Community Centers

Age: 3-5yrs. Preschoolers and parents come enjoy nature in the parks. Develop the Little Explorer in your child through learning the various animals, insects, plants and flowers. A hands on nature activity will follow each nature exploration. Also bring a bag lunch and enjoy a picnic after class. Pre-registration is required. Class Fee: \$5

#70237	Jun 11	W	11:00am-12:00pm
#70238	Jul 9	W	11:00am-12:00pm
#70239	Aug 13	W	11:00am-12:00pm

Nature Preschool continued next page —

Tales and Scales

Location: Brier Creek Community Center
 Age: 3-5yrs. This story time focuses on Reptiles and is followed by a visit from a few live snakes and lizards to see and touch. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$2

#71130	Aug 16	Sa	10:00-10:45am
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Wee Walkers

Location: Durant Nature Park
 Age: 1yrs and up. Would you and your toddler like some company for your walks? Join others on an easy paced hike around the park. This is a great opportunity for adults and little ones to meet each other and explore nature. Class Fee: \$0

#68274	May 1	Th	10:00-11:00am
#68275	May 8	Th	10:00-11:00am
#68276	May 15	Th	10:00-11:00am
#68277	May 22	Th	10:00-11:00am
#68278	May 29	Th	10:00-11:00am
#68279	Jun 5	Th	10:00-11:00am
#68280	Jun 12	Th	10:00-11:00am
#68281	Jun 19	Th	10:00-11:00am
#68282	Jun 26	Th	10:00-11:00am
#68283	Jul 3	Th	9:00-10:00am
#68284	Jul 10	Th	9:00-10:00am
#68285	Jul 17	Th	9:00-10:00am
#68286	Jul 24	Th	9:00-10:00am
#68287	Jul 31	Th	9:00-10:00am
#68288	Aug 7	Th	9:00-10:00am
#68289	Aug 14	Th	9:00-10:00am
#68290	Aug 21	Th	9:00-10:00am
#68291	Aug 28	Th	9:00-10:00am

Nature Youth**Aquatic Races**

Location: Durant Nature Park
 Age: 6-12yrs. Water Striders, Whirligig Beetles, Dragonfly Nymphs and other aquatic insects have some very unique ways of 'racing' through the water. We'll look for these insects with dipnets and learn how they are able to move so quickly in the water. Then we'll build and decorate our own boats to race along the creek. Will we be faster than a Water Strider? Join the fun to find out! Snack is included. Class Fee: \$10

#68253	May 31	Sa	1:00-3:00pm
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Frog and Toad

Location: Lake Wheeler
 Age: 6-12yrs. This is the season these hopping amphibians become active. Explore the park as we discover which of these are swimming in the lake, hopping on land or climbing in the trees. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#71134	Aug 2	Sa	11:00am-12:00pm
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Lightning Bugs

Location: Sertoma Arts Center
 Age: 4-8yrs. Let's go see the lights of summer in action. A hike, game, and craft will be included in this fun, education program. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5

#71142	Aug 13	W	7:30-8:30pm
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Nature – Animal Show and Tell

Location: Lake Wheeler
 Age: 5-12yrs. Meet some of the Nature Program animals up close. Possible visitors include: snakes, lizards, insects, and other critters. Learn about these animals and the wild critters that live in the park. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$5

Lake Wheeler

#71136	Jun 28	Sa	1:00-2:00pm
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Outdoor Adventures

Location: Roberts Park Community Center
 Age: 7-13yrs. Youngsters are taught to survive without life's conveniences. Learn to use and explore the elements of nature. Go fishing, camping, hiking, gardening, etc. Registration: Ongoing. Class Fee: \$0

#70415	Jun 7-28	Sa	11:00am-12:30pm
#70416	Jul 5-26	Sa	11:00am-12:30pm
#70417	Aug 2-30	Sa	11:00am-12:30pm

Saturday Safari

Location: Peach Road
 Age: 5-12yrs. Children will explore the park during our safari to discover nature's fascinating plants and animals. Games, stories and hikes will introduce your young explorer to nature. For more information, contact Nature programs at 919-831-6640. Los niños explorarán el parque durante nuestro safari para descubrir la fascinante naturaleza de las plantas y animales. Juegos, cuentos y excursiones servirán de una manera para introducir la naturaleza a su pequeño explorador. Para más información, contacte el Programa de Naturaleza a (919) 831-6640. Class Fee: \$1

#71123	May 10	Sa	11:00am-12:00pm
#71124	Jun 28	Sa	11:00am-12:00pm
#71125	Jul 12	Sa	11:00am-12:00pm
#71126	Aug 30	Sa	11:00am-12:00pm

Snakes!

Location: Durant Nature Park
 Age: 6-12yrs. Some people love them, some people don't. Join us as we discover what's to love about these fascinating creatures. We'll learn about some venomous and non-venomous snakes that live in our area, and we'll find out why snakes are an important part of our environment. Participants will get a chance to meet some snakes and make a snake craft too! A snack is included. Class Fee: \$10

#68273	Jun 21	Sa	1:00-3:00pm
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Summer Hummers

Location: Durant Nature Park
 Age: 6-12yrs. Summer is the perfect time of year to watch Hummingbirds zoom from feeders to flowers. We'll learn about these amazing flyers and find out where we can find them buzzing around at Durant Nature Park. Each participant will make and decorate a hummingbird feeder to take home. A snack is included. Class Fee: \$10

#68259	Jul 26	Sa	2:00-4:00pm
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Tadpole Tracking

Age: 8-12yrs. Join a nature instructor who will guide you in capturing and observing tadpoles. Learn the different kinds of frogs and toads that begin life as tadpoles in the pond. Come ready to get muddy! Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

Laurel Hills Community Center

#71131	May 31	Sa	10:30-11:30am
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Eastgate Park

#71132	Jul 26	Sa	10:30-11:30am
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That's Just Plain Batty

Location: Durant Nature Park
 Age: 6-12yrs. Do bats really get caught in people's hair? Are they blind? We'll learn the truth behind several well known myths, go out at dusk in search of bats, play some bat games, and make a bat craft. Snack is included. Class Fee: \$10

#68271	Aug 23	Sa	6:30-8:30pm
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What's A Buzz?

Location: Durant Nature Park
 Age: 6-12yrs. We'll explore the insect meadow with nets to see what insects we can capture for closer inspection, then we'll make an insect craft that will leave you 'buzzing' for more. A snack is included. Class Fee: \$10

#68272	Aug 9	Sa	2:00-4:00pm
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Wildlife Wednesdays

Location: Chavis Community Center
 Age: 6-11yrs. Spend your Wednesday evenings discovering wildlife. This program is great for kids who like living creatures, catching insects, arts and crafts, and games. For more information, contact Nature programs at 919-831-6640. Class Fee: \$4

#71127	May 7-28	W	6:15-7:15pm
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Nature Adults

Bluebird Monitoring

Location: Durant Nature Park

Age: 14yrs and up. Join the staff at Durant Nature Park for a morning of monitoring our Bluebirds. This informative walk will include checking Bluebird boxes to look for nesting material, eggs, fledglings and adults. Learn how you can attract Bluebirds to your own backyard! Class Fee: \$1

#68256 Jun 14 Sa 9:00-10:30am

NC Aquatic WILD

Location: Durant Nature Park

Age: 16yrs and up. This 6-hour workshop introduces participants to the free Aquatic WILD K-12 educator guide. The workshop is similar to the N.C. WILD Basic workshop, except there is a focus on aquatics. The N.C. WILD Aquatic workshops are open to all interested educators including classroom teachers, environmental educators, resource agency staff, park and nature personnel, teaching fellows, college students and faculty, and youth leaders. Credit for Environmental Education Certification and 1 CEU is available with the completion of a homework assignment. There are no prerequisites for this workshop and it is FREE. Bring a bag lunch! Pre-registration is required. Class Fee: \$0

#68329 Aug 30 Sa 9:00am-4:00pm

Wetland Wander

Location: Durant Nature Park

Age: 14yrs and up. Explore the wonders of Durant's wetlands with Park staff. Our leisurely walk will include birding, animal tracking and looking for other signs of animal life in a wetland environment. Class Fee: \$1

#68250 May 17 Sa 9:00-10:30am

Nature Family

Bird Walks at Anderson Point

Location: Anderson Point

Age: 6yrs and up. Wake Audubon Society leads a Bird Walk at the park that is open to the public on select Saturday mornings at 8:30am. They meet at the outer parking area. For more information, contact Melody Scott at 881-2911. Class Fee: \$0

#70574 Jul 12 Sa 8:30-10:30am

Butterflies, Insects and Meadows

Location: Anderson Point

Age: 6yrs and up. Insects abound in the park's wildlife meadow. Learn to locate and identify butterflies, dragonflies, and other insects of the meadow and throughout the park. Sponsored by the Wake County Audubon Society. Class Fee: \$0

Butterflies and other insects in the Piedmont Meadows

#70575 Aug 16 Sa 10:00am-12:00pm

Durant Family Camp Out

Location: Durant Nature Park

Age: All Ages. Families gather to form a group and experience an overnight complete with a naturalist led night hike, s'mores for the kids, a dutch oven dessert, breakfast prepared for you, and time in the canoes. Bring a tent or borrow a cot and sleep in an adirondack shelter. Your gear will be hauled by vehicle down to the primitive, lakeside campsite that we will call home for the night! Class Fee: Adults \$12 each, Youth \$6.

#69325 May 16-17 F-Sa 6:00-12:00pm

Family Night Patrol

Location: Durant Nature Park

Age: 5yrs and up. A whole new animal world comes alive as darkness approaches. We'll head out at dusk to call owls, listen for beavers, look for fireflies and who knows what other night time animals we'll find.

Class Fee: \$5

#68249 May 3 Sa 7:30-9:00pm

Full Moon Hike

Location: Lake Johnson

Age: All Ages. This hike begins at sunset and 30 minutes before the moon will rise. Come hike to observe wildlife during this dynamic time as day fades into night. Fee applies to each participant; children under 10 should be accompanied by adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#71129 Jun 18 W 8:30-9:30pm

Paddle Aboat and Piddle About

Location: Durant Nature Park

Age: 6yrs and up. You are invited to get on the water on Durant's six acre lower lake. Ages 18 years and up or youth ages six years and up with an adult. Canoes and mandatory P.F.D's will be available first come first served at \$8/hour/boat between 9:00am-noon. Meet at the Durant boathouse at 9am, 10am or 11am and paddle! Pay at the boathouse. Class Fee: \$8

#69344 May 31 Sa 9:00am-12:00pm

#69345 Jun 14 Sa 9:00am-12:00pm

#69346 Aug 9 Sa 9:00am-12:00pm

#69349 Aug 23 Sa 9:00am-12:00pm

Twilight Trek

Location: Lake Johnson

Age: All Ages. As the sun sets, the woods come alive. Adults and children will enjoy this hike in search of nocturnal animals such as frogs, owls, bats, moths, and beavers. Learn all about the adaptations that help these animals survive at night. Fee applies to each participant; children under 10 should be accompanied by adult. Pre-registration is required four days prior to program. For more information, contact Nature programs at 919-831-6640. Class Fee: \$3

#71128 Jul 16 W 8:30-9:30pm

School Programs

The Youth Programs division strives to offer high quality, low cost diverse programs to all school aged participants in the City of Raleigh and surrounding county municipalities. Programs for year round calendar students include: before school, after school, track out, teacher workday, teen, and specialty programs. Programs for traditional calendar students include: after school, teacher workday, summer camp programs. The Youth Programs division is committed to offering a variety of impressive programs to serve our citizens. For more information about school based programs please call the Youth Program Division office at (919) 831-6165 or visit our website at www.raleighnc.gov/schoolprograms <<http://www.raleighnc.gov/schoolprograms>> .

Youth Escape School

Age: 5-12yrs. Need something for your child to do on Teacher Workdays or school holidays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to young children having to stay home while mom and dad work. Participants interact with their peers and counselors in fun filled activities such as sports, arts and crafts, games, movies and a variety of other exciting events. Field Trips may require additional fees. Each participant must bring lunch and 2 snacks. Children must be in Kindergarten-6th grade to attend. Class Fee: \$20

Barwell Road Community Center

#63652 Jan 22 M 7:00am-6:30pm

Carolina Pines Community Center

#66817 Jan 18 F 7:30am-6:00pm

#66819 Feb 19 T 7:30am-6:00pm

#66820 Apr 7 M 7:30am-6:00pm

Chavis Community Center

#71034 May 2 F 7:30am-6:00pm

Green Road Community Center

#65735 Jan 18 F 7:30am-6:00pm

#65729 Feb 18 M 7:30am-6:00pm

#65730 Feb 19 T 7:30am-6:00pm

#65731 Mar 31 M 7:30am-6:00pm

#65732 Apr 1 T 7:30am-6:00pm

#65727 Apr 2 W 7:30am-6:00pm

#65728 Apr 3 Th 7:30am-6:00pm

#65733 Apr 4 F 7:30am-6:00pm

#65734 Apr 7 M 7:30am-6:00pm

#65726 May 2 F 7:30am-6:00pm

Jaycee Community Center

#66305 Jan 18 F 7:30am-6:00pm

#66306 Feb 18 M 7:30am-6:00pm

#66307 Feb 19 T 7:30am-6:00pm

#66308 Mar 31 M 7:30am-6:00pm

#66309 Apr 1 T 7:30am-6:00pm

#66310 Apr 2 W 7:30am-6:00pm

#66311 Apr 3 Th 7:30am-6:00pm

#66312 Apr 4 F 7:30am-6:00pm

#66318 Apr 7 M 7:30am-6:00pm

#66319 May 2 F 7:30am-6:00pm

Laurel Hills Community Center

#60371 Apr 1 T 7:30am-6:00pm

#60373 Apr 2 W 7:30am-6:00pm

#60370 Apr 3 Th 7:30am-6:00pm

#60367 Apr 4 F 7:30am-6:00pm

#60369 Apr 7 M 7:30am-6:00pm

#60368 May 2 F 7:30am-6:00pm

Youth Escape School continued next page —